



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09362, Cherries, sour, canned, water pack, drained

Report Date: June 29, 2017 23:45 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	88.31	2	--	87.92	88.7	1.0	--	--	1	Analytical or derived from analytical	--	04/2008
Energy	kcal	42	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2008
Energy	kJ	174	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2008
Protein ¹	g	0.69	2	--	0.63	0.75	1.0	--	--	1	Analytical or derived from analytical	--	04/2008
Total lipid (fat) ¹	g	0.21	2	--	0.18	0.23	1.0	--	--	1	Analytical or derived from analytical	--	04/2008
Ash ¹	g	0.34	2	--	0.26	0.43	1.0	--	--	1	Analytical or derived from analytical	--	04/2008
Carbohydrate, by difference	g	10.45	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2008
Fiber, total dietary ¹	g	1.2	2	--	1.2	1.3	1.0	--	--	1	Analytical or derived from analytical	--	04/2008
Sugars, total ¹	g	6.99	2	--	6.8	7.19	1.0	--	--	1	Analytical or derived from analytical	--	04/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	0.01	2	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	04/2008
Glucose (dextrose) 1	g	4.19	2	--	4.1	4.27	1.0	--	--	1	Analytical or derived from analytical	--	04/2008
Fructose 1	g	2.79	2	--	2.68	2.9	1.0	--	--	1	Analytical or derived from analytical	--	04/2008
Lactose 1	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2008
Maltose 1	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2008
Galactose 1	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2008
Minerals													
Calcium, Ca 1	mg	11	2	--	10	12	1.0	--	--	1	Analytical or derived from analytical	--	04/2008
Iron, Fe 1	mg	0.64	2	--	0.28	1	1.0	--	--	1	Analytical or derived from analytical	--	04/2008
Magnesium, Mg 1	mg	8	2	--	8	9	1.0	--	--	1	Analytical or derived from analytical	--	04/2008
Phosphorus, P 1	mg	16	2	--	14	17	1.0	--	--	1	Analytical or derived from analytical	--	04/2008

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K 1	mg	115	2	--	110	120	1.0	--	--	1	Analytical or derived from analytical	--	04/2008
Sodium, Na 1	mg	4	2	--	3	4	1.0	--	--	1	Analytical or derived from analytical	--	04/2008
Zinc, Zn 1	mg	0.07	2	--	0.07	0.08	1.0	--	--	1	Analytical or derived from analytical	--	04/2008
Manganese, Mn 1	mg	0.059	2	--	0.05	0.07	1.0	--	--	1	Analytical or derived from analytical	--	04/2008
Vitamins													
Vitamin C, total ascorbic acid 1	mg	0.3	2	--	0.3	0.3	--	--	--	1	Analytical or derived from analytical	--	04/2008
Thiamin 1	mg	0.025	2	--	0.02	0.03	1.0	--	--	1	Analytical or derived from analytical	--	04/2008
Riboflavin 1	mg	0.065	2	--	0.06	0.07	1.0	--	--	1	Analytical or derived from analytical	--	04/2008
Niacin 1	mg	0.260	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2008
Pantothenic acid 1	mg	0.041	2	--	0.04	0.04	--	--	--	1	Analytical or derived from analytical	--	04/2008
Vitamin B-6 1	mg	0.047	2	--	0.04	0.05	1.0	--	--	1	Analytical or derived from analytical	--	04/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2008
Vitamin K (phylloquinone) ¹	µg	8.1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2008
Lipids													
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8a, 2003 Beltsville MD